

## HEAD START FOOD EXPERIENCE

Date \_\_\_\_ Center \_\_\_\_\_ Food Experience Name: Intro to Chef Combo

Person leading experience \_\_\_\_\_ Length of time: 15-20 minutes plus ongoing

Description: Reason for choosing project, in terms of children learning (behavioral goals): Setting the mood for positive behavior and good habits during meal time.

This food experience allows children to learn by participating in:

tasting	dipping/portioning	pouring	cutting
mixing	measuring	cooking	

X other (describe) Modeling and discussing positive healthy habits while eating family style

What other classroom activity/activities related or added to this experience?

X math	X music	art	film
books	field trip	other (describe)	

Supplies needed: Chef Combo puppet, CD, Food Cards, Chef Combo Board

Procedure step-by-step:

1. Introduce Chef Combo puppet
2. Play Chef Combo song
3. Talk about lunch time with meal cards
4. Count food cards
5. Play Handwashing Song
6. Dismiss children to wash hands
7. Proceed to table talking about importance of not touching items once hands are clean
8. Transition Song
9. Talk about manners with children such as how to sit in chairs, pass food, eat with utensils & how to respect other's space.
10. Staff models good manners and eating habits for children.

Evaluation:

Would you do this experience again? \_\_\_\_\_

How would you improve this experience in the future?

Did the children meet the learning objectives? Why or why not?

Comments: